

**AMENDMENTS TO THE CLAIMS**

Please **AMEND** claims 1-10 as shown below.

The following is a complete list of all claims in this application.

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1. (Currently Amended) A method of forming a tube from an elongate sheet of material having a pair of ~~spaced and parallel~~ lateral edges, ~~the said method comprising the steps of~~ including:

forming the elongate sheet into a tube such that the lateral edges of the sheet overlap to define an overlap region having an inner overlap portion and an outer overlap portion;

punching the inner overlap portion and outer overlap portion of the tube to define a tab in each, each tab including a fold portion and a free end extending away from the fold portion, said tabs being aligned such that the tab defined in the inner overlap portion is directly underneath the tab defined in the outer overlap portion; and

folding the tabs at the fold portions about a fold axis whereby the inner overlap portion and outer overlap portion are fixed together, wherein the tab reduces in dimension parallel to the fold axis between the fold portion and free end such that the folded tabs cannot translate relative to each other in a direction orthogonal to the fold axis and parallel to the inner and outer overlap portions.

2. (Currently Amended) A The method as claimed in claim 1, wherein the tabs are folded inwardly.

B1 3. (Currently Amended) A The method as claimed in claim 1, wherein the tabs are substantially V or U shaped.

4. (Currently Amended) A The method as claimed in claim 1, wherein the tabs are simultaneously punched.

5. (Currently Amended) A The method as claimed in claim 1, wherein complementary pairs of tabs are provided along the length of the tube at regular intervals ~~centres~~.

6. (Currently Amended) A The tube formed according to the method defined in any one of claims 1 to 5.

7. (Currently Amended) A tube comprising:  
~~manufactured from~~ an elongate sheet of material formed into a tubular shape ~~tube~~ and having its lateral edges overlapping to define an inner overlapping portion and an outer overlapping portion, a tab defined in the inner overlapping portion, and a tab defined in the outer overlapping portion, each tab including a fold portion and a free end extending away from the fold portion, said tabs being aligned such that the tab defined in the inner overlapping portion lies directly beneath the tab defined in the outer overlapping portion, said tabs being folded at the fold portions about a fold axis, such that the inner overlapping portion and outer overlapping portion are fixed together, wherein the tab reduces in dimension parallel to the fold axis between

the fold portion and free end such that the folded tabs cannot translate relative to each other in a direction orthogonal to the fold axis, and parallel to the inner and outer overlap portions.

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8. (Currently Amended) A The tube as claimed in claim 7, wherein said tabs are folded inwardly.

9. (Currently Amended) A The tube as claimed in claim 7, wherein said tabs are substantially V or U shaped.

10. (Currently Amended) A The tube as claimed in claim 7, wherein complementary pairs of tabs are provided at regular intervals ~~centres~~ along the length of the tube.

11-14. (Canceled).

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